

# WIC Program

The WIC Program, (which stands for Women, Infants and Children), is a supplemental food, nutrition and health program offered locally through the Wasatch City-County Health Department.

Women who are pregnant, lactating or who have delivered within six months may be eligible for enrollment. Infants under one year and children up to five years of age may also qualify for assistance.

Sponsored by the U.S. Dept. of Agriculture, the program is administered by the Division of Family Health Services, Utah State Dept. of Health through local health clinics.

The program provides women with foods high in iron, protein, calcium and vitamins A, C, and D. These are believed to be effective in reducing complications of pregnancy, in increasing birth weight of infants, and in providing maximum potential for mental and physical development.

The foods prescribed for infants and children are designed to promote optimal growth during their critical period of development.

Primary concern of the program is to deliver preventive health

care. Through dietary counseling and nutrition education, participants come to understand the relationship between good nutrition and their health. Furthermore participants needing other health or social services are identified and referred to appropriate agencies.

To be eligible to receive foods under the WIC Program, infants, children and pregnant or lactating women must meet all of the following criteria:

1. They must be residents of Wasatch County.
2. Must be financially eligible.
3. They are certified by

competent professionals from the Wasatch City-County WIC Agency as being nutritionally at risk because of anemia, inadequate growth patterns, low birth weight, inadequate dietary patterns, a high risk pregnancy or disease or conditions which directly or indirectly alter nutritional status or the adequacy of dietary intakes.

Anyone interested in obtaining WIC services may call or visit the Wasatch City-County Health Department, 25 N. Main, Heber, the 1st or 3rd Wednesday of each month or call 654-3211 ext. 37 and ask for Maxine McAfee or Nelda Duke.

## Special immunization clinics

Another special immunization clinic will be held this Thursday, during the noon hour for the middle and senior high school students at their respective schools.

Parents, please make arrangements to meet your student there to sign consent for any immunizations. There will be a \$2.00 charge for each student who receives immunizations.